

Kindness



Self-Compassion

Tips for you

Feel Good Fortnight 2020

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- ★ According to research, we have up to 60,000 thoughts a day. We spend so much time in our own minds; but have you ever stopped to consider the quality of the thoughts you have, or how these impact on your self-talk?
- ★ How we talk to ourselves plays a huge role in our emotional and mental well-being.
- ★ We believe that in order to get things done, to achieve our goals, we have to be critical of ourselves to motivate us. But is this true?
- ★ Pause for a moment to think about your own self-talk. Think about a time you made a mistake, or slipped up on a goal or intention you had set for yourself. What did you say to yourself in your internal dialogue? Were you kind and compassionate to yourself, or did you berate yourself?
- ★ Being kind towards yourself, or having self-compassion is not about letting yourself off the hook, having self-pity or being self-indulgent.
- ★ It's about acknowledging that life is hard and realising that we all make mistakes, and treating ourselves with compassion at these times. It's about recognising and acknowledging changes that you want or need to make in your life and making those changes from a place of kindness and compassion towards your self, and not from the place of your inner critic.

Kindness & self-compassion tips

- ♡ Start to **pay attention** to your negative self-talk, your inner-critic and hold it to account. When you notice you are in a negative spiral, say "STOP" either outloud or internally to yourself to break the spiral.
- ♡ Think of the **attributes of a good friend**, characteristics such as kind, caring, accepting, non-judgmental and apply these to yourself.
- ♡ Think of how you **speak and engage** with your best friend, now think of how you engage and speak to yourself. Think of all the critical things you say to yourself and ask would you say these things to your best friend? The chances are you wouldn't, so why say them to yourself.
- ♡ Take time for you, to **nourish and replenish** yourself. Self-care is not about fancy Spa Days, it's about looking after your mental, emotional and physical health on a daily basis. Self-care is eating nourishing food, getting a good nights sleep, daily exercise, doing things that nourish you and of course, showing some kindness and compassion to yourself.
- ♡ Ask yourself, **how much time do you take to look after you?** We can spend so much time attending to the needs and wants of others that we forget to take care of ourselves.

As cliched as it sounds, you cannot pour from an empty cup, so it's important that we take time out to look after ourselves too - and we should not feel guilty for doing for this. Take a little time every day just for you, we don't have to be busy all the time - exhaustion is not a status symbol. I recommend engaging in mindfulness and meditation practices to develop and nurture time for you.



Remember, when it comes to social media, not everything you see is real - social media is very often a highlight reel.

And Remember

Our inner critic did not develop overnight, so therefore we cannot expect to change our behaviour overnight, but with practice and time, we can begin to improve our relationships with ourselves.

Be kind to yourself, always.